

RiverWoods Durham — 1101 Rwd

Date range: 2025-04-16 to 2026-03-16

Sleep Metrics (2025-04-16 to 2026-03-16)

1.6 BED EXITS (MEDIAN)	9:30 PM BEDTIME (MEDIAN)	8.0 hrs TOTAL SLEEP TIME	86% SLEEP EFFICIENCY	21 min SLEEP LATENCY
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Daily Sleep Data

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Mar 14, 2026	1	8:52	9:19	25 min	09:00 PM	06:30 AM
Mar 13, 2026	2	8:01	9:33	11 min	09:00 PM	07:00 AM
Mar 12, 2026	1	8:32	9:46	26 min	09:00 PM	07:00 AM
Mar 11, 2026	0	7:40	9:53	58 min	08:30 PM	07:00 AM
Mar 10, 2026	0	6:24	8:18	30 min	09:00 PM	07:00 AM
Mar 09, 2026	2	7:41	8:32	47 min	10:00 PM	07:00 AM
Mar 08, 2026	2	8:47	9:33	20 min	08:30 PM	08:00 AM
Mar 07, 2026	2	8:27	10:39	40 min	08:30 PM	10:30 AM
Mar 06, 2026	3	7:36	9:36	26 min	09:30 PM	12:00 PM
Mar 05, 2026	0	9:19	9:51	19 min	08:30 PM	06:30 AM
Mar 04, 2026	2	9:37	10:01	9 min	08:30 PM	07:00 AM
Mar 03, 2026	3	6:47	9:14	58 min	09:30 PM	10:00 AM
Mar 02, 2026	2	8:37	9:46	28 min	09:00 PM	07:00 AM
Mar 01, 2026	1	7:55	8:38	29 min	10:00 PM	07:00 AM
Feb 28, 2026	1	8:08	9:44	18 min	09:00 PM	07:00 AM
Feb 27, 2026	1	8:16	9:25	22 min	09:00 PM	07:00 AM
Feb 26, 2026	1	7:30	9:34	6 min	09:30 PM	07:00 AM
Feb 25, 2026	1	6:21	8:05	9 min	10:30 PM	07:00 AM
Feb 24, 2026	1	4:44	5:19	35 min	01:30 AM	07:00 AM
Feb 23, 2026	2	9:06	11:06	71 min	09:00 PM	10:30 PM
Feb 22, 2026	2	7:31	9:39	7 min	09:00 PM	07:00 AM
Feb 21, 2026	2	9:11	10:19	27 min	10:00 PM	02:00 PM
Feb 20, 2026	1	8:24	8:50	13 min	09:00 PM	07:00 AM
Feb 19, 2026	3	9:55	10:33	21 min	09:00 PM	11:00 AM
Feb 18, 2026	3	8:20	9:06	22 min	09:00 PM	07:00 AM
Feb 17, 2026	1	7:17	9:47	39 min	09:00 PM	07:00 AM
Feb 16, 2026	2	8:51	9:57	27 min	09:00 PM	11:30 AM
Feb 15, 2026	1	8:57	9:41	15 min	09:00 PM	07:00 AM
Feb 14, 2026	1	9:11	9:57	32 min	09:00 PM	11:30 AM
Feb 13, 2026	2	8:47	9:42	9 min	08:30 PM	07:00 AM
Feb 12, 2026	0	8:23	9:20	36 min	11:00 PM	11:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Feb 11, 2026	2	8:30	9:19	32 min	09:00 PM	07:00 AM
Feb 10, 2026	2	7:50	9:08	23 min	09:30 PM	07:00 AM
Feb 09, 2026	1	7:25	8:39	23 min	09:30 PM	06:30 AM
Feb 08, 2026	2	9:10	11:15	16 min	09:00 PM	09:00 AM
Feb 07, 2026	0	5:34	7:45	23 min	09:30 PM	10:00 AM
Feb 06, 2026	1	8:56	10:24	20 min	08:30 PM	11:30 AM
Feb 05, 2026	4	7:46	9:36	41 min	08:30 PM	06:30 AM
Feb 04, 2026	3	9:04	9:45	15 min	09:00 PM	07:00 AM
Feb 03, 2026	2	7:00	7:47	10 min	10:30 PM	06:30 AM
Feb 02, 2026	3	6:58	8:33	35 min	10:00 PM	07:00 AM
Feb 01, 2026	2	7:59	8:54	24 min	09:30 PM	10:00 AM
Jan 31, 2026	1	7:47	9:11	24 min	09:00 PM	07:00 AM
Jan 30, 2026	1	7:59	8:51	10 min	09:30 PM	06:30 AM
Jan 29, 2026	1	9:04	9:54	18 min	07:30 PM	06:00 AM
Jan 28, 2026	1	7:25	8:32	21 min	09:30 PM	06:30 AM
Jan 27, 2026	1	6:33	8:25	10 min	10:00 PM	06:30 AM
Jan 26, 2026	2	8:06	9:05	24 min	09:00 PM	06:30 AM
Jan 25, 2026	1	8:05	9:32	21 min	09:00 PM	07:00 AM
Jan 24, 2026	2	9:30	10:35	34 min	09:30 PM	12:00 PM
Jan 23, 2026	0	7:51	8:58	13 min	09:30 PM	07:00 AM
Jan 22, 2026	1	5:40	6:26	17 min	12:30 AM	07:00 AM
Jan 21, 2026	3	8:33	9:36	32 min	10:00 PM	10:30 PM
Jan 20, 2026	3	6:52	8:32	32 min	10:00 PM	07:30 AM
Jan 19, 2026	3	7:44	8:21	17 min	09:00 PM	05:30 AM
Jan 18, 2026	1	8:00	9:42	24 min	10:00 PM	10:30 AM
Jan 17, 2026	4	8:55	9:49	9 min	09:00 PM	07:30 AM
Jan 16, 2026	2	6:36	8:46	28 min	10:00 PM	07:00 AM
Jan 15, 2026	1	8:06	9:24	12 min	09:30 PM	07:00 AM
Jan 14, 2026	3	9:14	9:38	9 min	09:30 PM	07:30 AM
Jan 13, 2026	0	7:31	8:38	42 min	10:00 PM	07:00 AM
Jan 12, 2026	2	8:05	8:49	10 min	10:00 PM	07:00 AM
Jan 11, 2026	2	7:39	9:49	26 min	09:00 PM	07:30 AM
Jan 10, 2026	1	8:04	9:33	10 min	08:30 PM	07:00 AM
Jan 09, 2026	1	8:51	10:03	11 min	09:00 PM	07:30 AM
Jan 08, 2026	1	7:53	8:51	15 min	10:00 PM	10:30 AM
Jan 07, 2026	1	7:14	7:56	12 min	10:00 PM	06:00 AM
Jan 06, 2026	1	4:49	6:39	13 min	11:30 PM	07:00 AM
Jan 05, 2026	1	8:21	9:12	14 min	09:30 PM	07:30 AM
Jan 04, 2026	2	7:26	9:13	14 min	10:00 PM	07:30 AM
Jan 03, 2026	2	8:31	8:56	10 min	09:00 PM	07:30 AM
Jan 02, 2026	1	9:08	9:38	12 min	09:30 PM	07:30 AM

DATE	BED EXITS	TOTAL SLEEP TIME	TIME IN BED	SLEEP LATENCY	BEDTIME	WAKE
Jan 01, 2026	1	7:06	8:28	55 min	10:00 PM	07:00 AM
Dec 31, 2025	2	7:39	8:27	16 min	10:30 PM	07:00 AM
Dec 30, 2025	1	8:04	8:48	43 min	10:30 PM	07:30 AM
Dec 29, 2025	2	7:37	9:23	31 min	09:00 PM	07:30 AM
Dec 28, 2025	1	8:22	9:11	12 min	09:00 PM	07:00 AM
Dec 27, 2025	3	8:50	9:20	7 min	09:30 PM	07:30 AM
Dec 26, 2025	2	8:32	10:46	112 min	08:00 PM	07:30 AM
Dec 25, 2025	3	7:42	8:38	10 min	09:30 PM	07:00 AM
Dec 24, 2025	2	6:49	7:53	51 min	10:00 PM	07:30 AM
Dec 23, 2025	2	7:34	8:53	29 min	10:00 PM	07:30 AM
Dec 22, 2025	2	7:21	8:59	21 min	09:00 PM	07:00 AM
Dec 21, 2025	2	7:18	9:21	25 min	09:00 PM	07:00 AM
Dec 20, 2025	2	6:16	8:08	14 min	11:00 PM	08:00 AM
Dec 19, 2025	1	9:30	10:21	15 min	09:30 PM	08:30 AM
Dec 18, 2025	1	7:09	9:32	57 min	09:30 PM	12:00 PM
Dec 17, 2025	0	9:14	10:33	42 min	09:30 PM	11:00 AM
Dec 16, 2025	4	11:04	12:22	41 min	08:30 PM	12:00 PM
Dec 10, 2025	1	8:20	10:35	21 min	09:00 PM	10:30 AM